

# AS SEEN BY A WASHINGTON WOMAN

## THE WARNING WE DIDN'T HEED.

Do you remember when you were a mere girl at school and had lessons twice or three a week in what was called the curriculum "Physiology and Hygiene," there was a cut in the text book amazing to behold and calculated to stand forth as a warning and a doleful example to you, of a set of ribs most dreadfully bent in and deformed through the effects of tight lacing? Then, on the opposite page, there was a normal set of ribs, which the book explained, represented the skeleton of the woman who did not wear corsets and never had worn corsets.

"Ough! I am never going to bend myself all out of shape like that, are you?" your schoolmate would say. "I don't care if grown-up women all wear corsets, I'm never going to do it. How can they breathe? I don't see how they can eat. I'd sooner be a Chinese woman and bind my feet like clubs, for then you could at least take a deep breath."

And of course you agreed, and so did almost every girl in the class. The picture had produced the impression for which it was intended.

But, of course, you grew up and so did your schoolmates, and you forgot all about the poor bent ribs and the picture of the nice straight ones on the opposite page, and you were probably secretly quite as delighted over your first pair of stays as your brothers were over their first long trousers. But, wonder of wonders, the stays didn't produce the effect the book had predicted—that is, unless you grew up a good many years ago, for corsets are no longer the instruments of distortion and torture they used to be. In fact, they are now finding their place in the pages of hygiene, because of the good effect, not the bad effect, they have on the human skeleton.

In a recent report of the United States Public Health Service the point was made that corsets have "prevented the women from suffering many of the ill effects of bad positions usually assumed by garment workers at their labors." And this report is based on the examination of the postures of over 1,000 women in garment trades.

Who have we to thank for this beneficial change in the modern corset? It is unlikely that the reform was affected because the women themselves rebelled against the badly built corset that cramped and distorted, because when the sensible corset first came in women protested that it was uncomfortable. They were not willing at the start to buy it. There has been no very extensive or effective dress reform movement that would have effected this change. To be sure, doctors protested and stormed; but doctors and wise folk generally have little effect on changes in fashion. Was it the corset manufacturers, who, realizing a rare opportunity for bettering women through improving their health, determined, at all hazards, to produce nothing but hygienic corsets? That answer seems hardly likely, either.

Well, we shall have to simply give the credit to Dame Fashion, contrary, impetuous creature that she is, and hope that, through this good deed, she has atoned for some of the preposterous styles she has dictated in the past.

## HOUSEWIVES DAILY ECONOMY CALENDAR

By FRANK MARSHALL

### FOR EVERY MEAL

Dropped eggs and bacon—Partly fill a spider or frying pan with boiling water, add a saltspoonful of salt and a teaspoonful of vinegar. You will need to have the water about two inches deep in the pan. Crack the eggs, one at a time, into a fat saucer, and slip them into the hot water. Be sure that the eggs are completely covered, adding boiling water if you have not enough already in the pan. Let the water simmer gently for four minutes, until each egg has a casing of white. Remove the eggs carefully with a skimmer. Allow the water to drain off, and serve the eggs with broiled bacon.

Slice the bacon very thin. Broil it quickly on each side, keeping it well out of the fat that drips down. Drain the fat and place it in an earthenware baking dish, covering the top of it half an inch with cold water. Add a pinch of onion and green pepper and little lump of butter. Sprinkle over thickly with fine stale bread crumbs, put a tablespoonful of cold water in the dish and bake slowly.

Grape juice sherbet—Sherbet is more easily digested than ice cream and grape juice flavor appeals to most persons. Add one quart of water to one pint of grape juice and one cup of sugar, and freeze. Serve with squares of sponge cake.

Tongue on toast—For a luncheon dish mince cold pieces of boiled tongue. Mix with a hot cream sauce, adding the beaten yolk of an egg to give richness. Let it simmer very slowly over the fire while some delicate slices of toast are being buttered. Cover each piece of toast with the mixture and send to the table in a covered dish. Ham may be used instead of tongue.

Ham sandwiches—For deviled ham, no good in sandwiches for the lunch basket, have ready a pint bowlful of chopped ham, an even quantity of chopped onion, even teaspoonful of ground mustard, a saltspoonful of cayenne pepper and a cupful of vinegar. Mix pepper, sugar and mustard thoroughly, and add to the ham and onion. Then stir it into the chopped meat, and when a smooth mass has been formed pack it into moulds. If it is to be served cold, pack it in little jars and pour melted butter over the top.

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## FAMOUS WOMAN, HER BIRTHDAY AND YOURS

By MARY MARSHALL

December 10—Emily Dickinson, Countess of Warwick.

Emily Dickinson, popular American poet, and the Countess of Warwick, religious writer, are the two birthday patronesses of December 10. The former was born in Massachusetts, eighty-five years ago today. In spite of her later eccentricities she seems to have passed a perfectly normal girlhood, being popular among her classmates at Mount Holyoke, where she was educated. Her contributions to the college publications gave promise of great ability, but it was not until after her death that her name became famous.

She showed signs of the timidity that later warped her life when she was living with her family in Amherst. This shyness became an obsession. Not only was she unwilling to talk to strangers or any one other than the members of her immediate family, but she was unwilling even to address her letters, feeling that even to have her handwriting seen by strange eyes could be an injury. During this time she must have been busy at work writing poetry, but it was not till after her death when she was 57 that her work was discovered. There were over 1,000 poems, each one neatly folded, found among the papers of her desk.

These poems were published by her family and so popular did they become that 20,000 copies of the book were sold within a year. A noted critic said: "Her verses were inspired, not made." The Countess of Warwick, whose birthday is celebrated today, was born 250 years ago in Ireland. Her father was the first Earl of Cork and her husband, though a poor young man at the time of her marriage, later became one of the most prominent peers of the realm. Her fame rests largely with her piety and books of devotion, although in her youth she gained some distinction for her beauty.

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## TOMORROW'S MENU.

"To be a good cook . . . means much tasting and no wasting."—Ruskin.

**BREAKFAST.**  
Cereal and Cream.  
Ham and Eggs.  
Rational Biscuits. Coffee.  
Fig Marmalade.

**LUNCHEON OR SUPPER.**  
Pork and Beans.  
Bacon and Eggs.  
Lemon Cream Cake.  
Tea.

**DINNER.**  
Cream Asparagus Soup.  
Shepherd's Pie.  
Roasted Sweet Potatoes.  
Roasted Fennel.  
Not Salad.  
Apple Sauce.

Fig marmalade—Mix a pound of figs, three-quarters of a pound of sugar, the thin rind of an orange chopped fine and the juice. Cut up the figs. Put all in a double boiler and boil until reduced to a pulp.

Banana toast—Put slices of bananas between thin slices of buttered bread. Brown in a hot oven and serve hot.

Apple sage—Pare and core apples. Fill the holes with sugar and cinnamon. Allow a tablespoonful of sage to each apple and let soak an hour in enough water to cover the apples. Pour all over the apple again and bake an hour. Serve cold with cream.

Thinks Falls Project Not Needed. The Great Falls power project was given a setback Wednesday when Brig. Gen. Dan C. Kitchin, chief of army engineers, in his annual report to Secretary of War Garrison, expressed the belief that the project was unnecessary at present. He said: "It is now estimated that the safe capacity of the present system will not be exceeded before 1920."

Gen. Kitchin renews his recommendation for a new aqueduct bridge, but does not submit an estimate of the cost nor an opinion as to where the bridge should be located. He states that the five old piers of the present bridge should either be replaced or the entire structure rebuilt on a larger scale in order to meet the heavy traffic between the District and Maryland and Virginia.

## Who's Who and Why at Congressional Union Woman Suffrage Convention

A Few of the Notable Women from Every State of the Union Whom You May See This Week at "The Little White House" in Madison Place.

By MARY MARSHALL.

One of the first women whom you have pointed out to you at the Congressional Union convention this week is Mrs. O. H. P. Belmont, member of the national executive committee of the Congressional Union and one of many one of the most prominent suffragists of New York City. She it was who brought into existence the woman voters' convention which met at the San Francisco Exposition last summer and appointed the envoys who brought the petition across the country and presented it to Congress last Monday. A striking characteristic of Mrs. Belmont's work, a prominent member of the union told me yesterday, is her ability to gain a full conception of a situation almost the minute it is presented to her. She has, to a pronounced degree, the gift of far-sightedness and visualization. No one in the convention is more business-like or more thorough and no one is more eager to have the work of the convention complete in every respect.

Alice Paul, the presiding spirit, as well as the chairman of the executive committee of the union, comes from Moorstown, N. J. Like Lucretia Mott and Susan B. Anthony, she is of Quaker origin. She first became interested in suffrage when in settlement work in England.

At headquarters the saying is that Miss Paul "thinks suffrage, dreams suffrage and eats suffrage." In fact, as one of the workers told me yesterday, "the reason why Miss Paul has never become worn by such constant work on this one subject is for the very reason that she enters it with her whole soul, finding in it a hundred phases and a dozen moods."

Miss Lucy Burpee, vice chairman of the national executive committee, and editor of The Suffragist, is a New Yorker, a Vassar graduate, and later a student at Yale, the University of Berlin and the University of Bonn. For three years she was organizer of the Woman's Social and Political Union in Edinburgh, and she is pointed out as one of the few American suffragists who have served sentence at Halloway jail in London.

In Miss Maud Younger, of California, the Congressional Union boasts of one of its most eloquent and moving speakers. She has a large following of men and women in San Francisco and labor leaders everywhere. Though a woman of independent means, she has worked as a waitress and joined the waitresses' union in San Francisco in order better to understand labor questions. And besides all these distinctions Miss Younger is one of the most prepossessing and attractive women at the convention.

**Only Woman Elector.**  
A quietly dressed, conservative looking delegate is Mrs. Margaret Zane Chadron, chairman of the Utah State branch. You would never imagine that she had the distinction of having served as a county clerk or of having been the first, original and only woman who ever served as a member of the electoral college.

The palm of popularity wouldn't be far wrong if it went to Sarah Bard Field, successful campaign worker of Oregon. She is a magnetic and forceful speaker and addressed large crowds in streets and halls on her recent automobile trip across the continent as a bearer of the petition to Congress and the President.

Extremely good looking is Miss Frances Jolliffe, one of seven daughters of California, who is making many friends in Washington during convention week. She is an ardent Democrat, is a brilliant speaker and has been on the stage. She is a sister-in-law of Rudolph Spreckles.

The only woman member of the Minuteman Wage Commission, Massachusetts is Mrs. Glendower Evans. She is a trustee of the Massachusetts State Normal School and is one of the best informed women in that State on economic and social conditions.

Zona Gale, whom every section reader knows, arrived yesterday from Wisconsin. Every one who knows her likes her and she is just as friendly as the spirit of "Fraserburg," one of her most popular books. Her hobby is community Christmas trees and she is always interested in any subject that has to do with the welfare of other women.

Alice Duer Miller, has attracted much favorable attention, in the newspaper world, from her exceedingly clever suffrage column, "Are Women People," in the New York Tribune. She is the wife of Henry W. Miller, of New York.

Helen Todd, of San Francisco, is just brim full of enthusiasm. And that is one reason why she is one of the most successful suffrage campaigners in this country. She was, for six years, a State factory inspector, of Illinois, and on industrial and economic questions she

## DAILY FASHION HINT.



## FULLY PREPARED FOR WINTRY BLASTS.

Cubic to the very last complement is this frock of ground color cloth trimmed with fur. Easily the distinguishing feature of the waist is the deep collar of checked silk. The full skirt is gathered at the waist-line and joined to the waist under a crushed grille of self-material. In medium size the frock requires 3½ yards 54-inch material, 4½ yards 4-inch fur and 1½ yards 5-inch wide fancy ribbon or braid for the collar.

Pictorial Review Waist No. 5570. Sizes, 22 to 42 inches bust. Price, 15 cents. Skirt No. 6185. Sizes, 22 to 34 inches waist. Price, 15 cents.

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**Prominent Names from Every State.**  
Among prominent delegates from New York are Mrs. Marcus Marx, wife of the president of the Borough of Manhattan; Mrs. Robert Adamson, wife of the fire commissioner of New York, and brother of Representative Adamson, of Georgia; Mrs. John Winters Brannon, wife of the head of Bellevue and allied city hospitals; Mrs. Tiffany Blatch, Mrs. Evan Evans and Mrs. Louis Delefield, prominent socially, and Mrs. Harriet Stanton Blatch of suffrage fame.

Other delegates of note from all parts of the country are Mrs. Hugh I. White of Johnson City, S. C.; Mrs. Lily Woltonholme, a member of the Utah State legislature; Mrs. J. M. Howell, a daughter-in-law of Congressman Howell, of Utah; Mrs. J. Borden Estee, prominent in Burlington, Vt. society; Mrs. Percy E. Read, prominent in Highland Springs, Virginia; Dr. Helen-Love-Boschoux, a brilliant young physician; Miss Emily Stearns, of Culpeper, and Mrs. J. M. Jennings, of Richmond, Virginia.

Prominent delegates from New Jersey are Mrs. J. A. H. Hopkins, chairman of the Woman's Political Union, and member of the State Board of Charities and Corrections; Miss Lillian Wigman, prominent in East Orange society; Miss Julia Harbur, president of the Woman's Political Union, of Morristown, N. J. From Detroit come Mrs. Dorothy Earle, daughter of the prominent lawyer, Mr. Otto Kitchin; Mrs. Delphine Ashbaugh, president of the Michigan Federation of Clubs and a prominent candidate for the presidency of the general federation.

Ohio delegates include Mrs. Lila Meade, of Vandalla, and Mrs. Louis A. Dickenson, of Fremont, prominent in Ohio work in that State. Philadelphians of note include Mrs. Edwin C. Bryce, Miss Alice G. Brock, niece of Mrs. Horace Brock, president of the Anti-Suffrage Association of Pennsylvania, and Mrs. William Albert Wood, grand marshal of all the suffrage parades in Philadelphia, and two prominent physicians, Mrs. Quaker City, Dr. Caroline Katzenstein and Jane R. Baker.

**Ready to Present Kuerns.**  
The Department of Justice is preparing to present to the Federal Grand Jury at San Antonio, Texas, January 7 evidence against Gen. Victoriano Huerta as to his alleged conspiracy to violate the neutrality laws by organizing a revolutionary movement in American territory.

## Erlebacher's

High Grade---Not High Priced

## TWO-DAY SALE OF TRIMMED HATS

\$5

Formerly Priced at \$10, \$12.50 and \$15

A sale with a two-fold purpose—to reduce our stock of Hats and to provide space for pre-Christmas arrangements on the third floor. This being our first season in Millinery you will find only smart, up-to-date Hats. Of fine quality Lynes velvet, rich Hatter's plush and French felt in all the season's Suit shades and plenty of black.

1210 F Street

## HOROSCOPE.

"The stars incline, but do not compel."

Friday, December 10, 1915.

Astrology holds this as a day of variable influences. Uranus rules strongly for evil, while Mercury is friendly.

The aspect is not a good one for travel or change of any kind. Extra caution should be exercised in connection with engines, cars, and electric conveyances. A railway accident is prognosticated. Again there is a sinister sign for inventors and explosives.

Uranus indicates outrages that will cause loss of life and property. These may be in connection with a strike that is prophesied. This strike will be far-reaching in its effects and will cause the most terrible misery and suffering. Although Venus is slightly favorable today, there is a sign warning women

against new acquaintances of the opposite sex. The stars are believed to encourage attractions to odd, eccentric and undesirable persons.

The rule is not a good one for domestic peace, as it operates to increase the activity of the mind, making it restless, rebellious of limitations, and desirous of new scenes.

Under this sway of the stars diseases of the digestion and nerves are supposed to increase. The seers declare that the coming year will be particularly severe upon all high-strung, sensitive persons. Asylums and sanatoriums will be filled with new patients.

There is a prophecy that religious institutions of various sorts will focus much discontent and criticism. The clergy will come under adverse direction and may suffer from discredit. Colleges and educational institutions should flourish greatly in the coming year, but they will undergo changes of

standard and aim, astrologers predict, the academic giving away more and more to the practical.

Agriculture is under the direction which presages good crops. Live stock will bring large profits.

Women suffrage has an encouraging augury for the year. Steady gains will be made and national enfranchisement will be procured suddenly, the seers predict.

Persons whose birthdays it is may have worry and anxiety in the coming year. They should watch their money. The young will marry or become engaged.

Children born on this day are likely to be impulsive, ambitious, and restless.

Boys should be successful in business, but impetuosity may limit achievement. Girls probably will be clever, fascinating, and general favorites.

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**McElroy Again Commander.**  
John McElroy was re-elected post commander of Kilt Carren Post, No. 2, Department of the Potomac, G. A. R., last Wednesday in G. A. R. Hall. The post accepted an invitation to visit Dushane Post, No. 3, of Baltimore, December 15, and will leave Washington at 6 o'clock in the evening.

Over 100 candidates for the Cornell wrestling team have reported.



Miss Sadie Burt, one of Keith's popular entertainers, enjoying Corby Cake

Seven Varieties:

Chocolate,  
Sponge,  
Raisin,  
Citron,  
Lady's,  
Plain,  
Caramel.

10c

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